

Shrimp Salad Sandwich

LUNCH/DINNER Makes 1 sandwich

Whole grain bread, fresh micro greens, and fresh shrimp seasoned with lemon and dill. Perfect for lunch or dinner.

Ingredients

- 2 slices of sprouted grain bread
- 4.5 oz cooked baby shrimp
- 1 tbsp low-fat mayonnaise
- 1 tsp fresh lemon juice
- 1 tsp fresh dill
- salt/pepper to taste
- 1/2 cup fresh micro greens

Directions

1. Place the shrimp, mayonnaise, lemon juice, dill, salt and pepper into a small bowl and mix well.
2. Spread onto a piece of bread, top with micro greens and an additional slice of bread.
3. Slice and serve.

Notes

Macros will vary depending on the bread you choose, so be sure to calculate yourself.

Use any greens you like, sprouts, pea shoots, micro greens, baby spinach, lettuce, etc.

Also great with sliced avocado and tomato!

*Nutrition information is an estimate and will vary based on how accurately you measure ingredients and the brands of ingredients used.



Macros *

Per 1 sandwich

Calories : 381

Protein : 39.8 g

Carbs : 35 g

Fat : 7.2 g